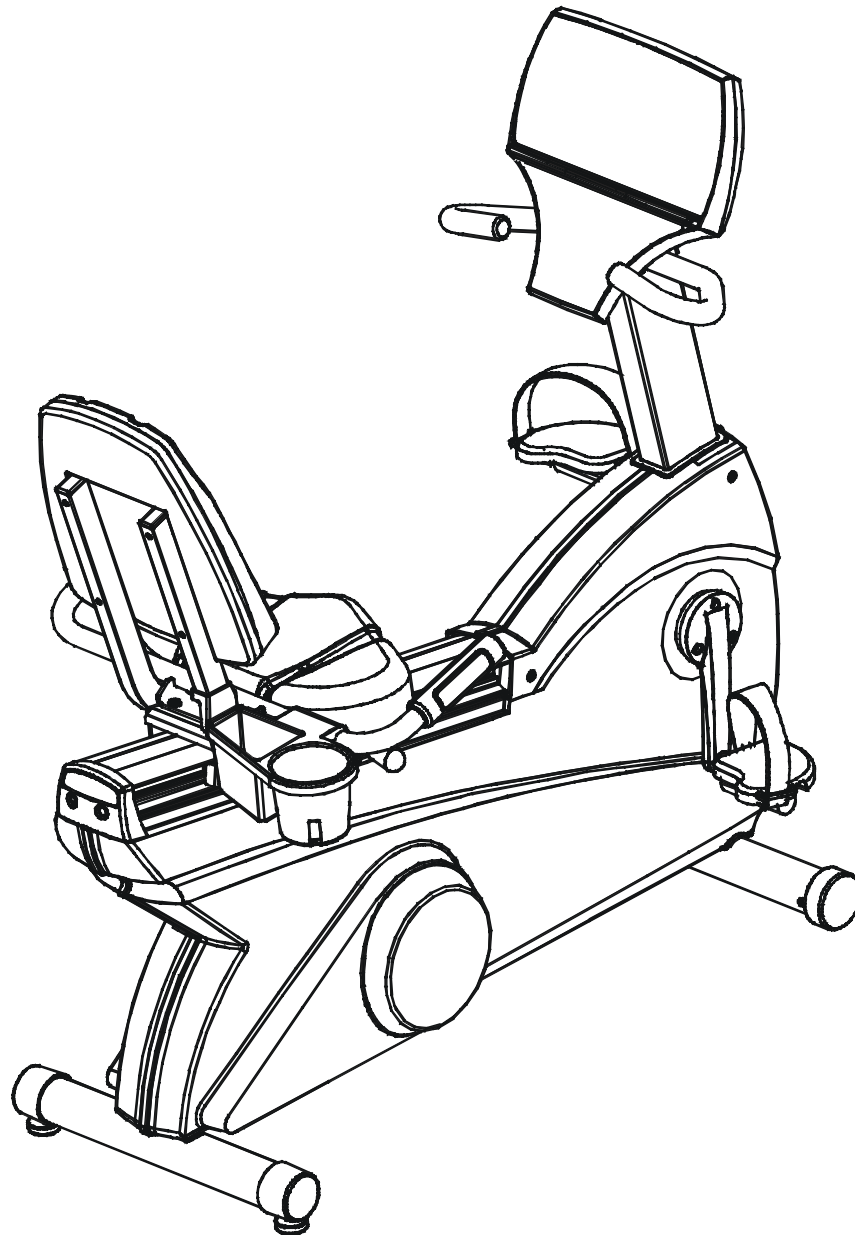


# *LifeFitness*

Arctic Silver 90R Recumbent Bike



Customer Support Services  
**PARTS MANUAL** revised 29 Apr 2008

**ARCTIC SILVER 90R**  
**REFERENCES**

**90R-0XXX-02**  
**S/N CCJ100000 and UP**

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OPERATION MANUAL	M051-00K39-A020
ACCESSORY TRAY KIT	AK39-00052-0004
HARDWARE BAG	GK39-00002-0008
POLAR UPGRADE KIT	GK39-00002-0001
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	0017-00008-0204 0017-00008-0205 0017-00008-0206
SERVICE MANUAL	M051-00K39-A012

**ARCTIC SILVER 90R**  
**CONTENTS**

**90R-0XXX-02**  
**S/N CCJ100000 and UP**

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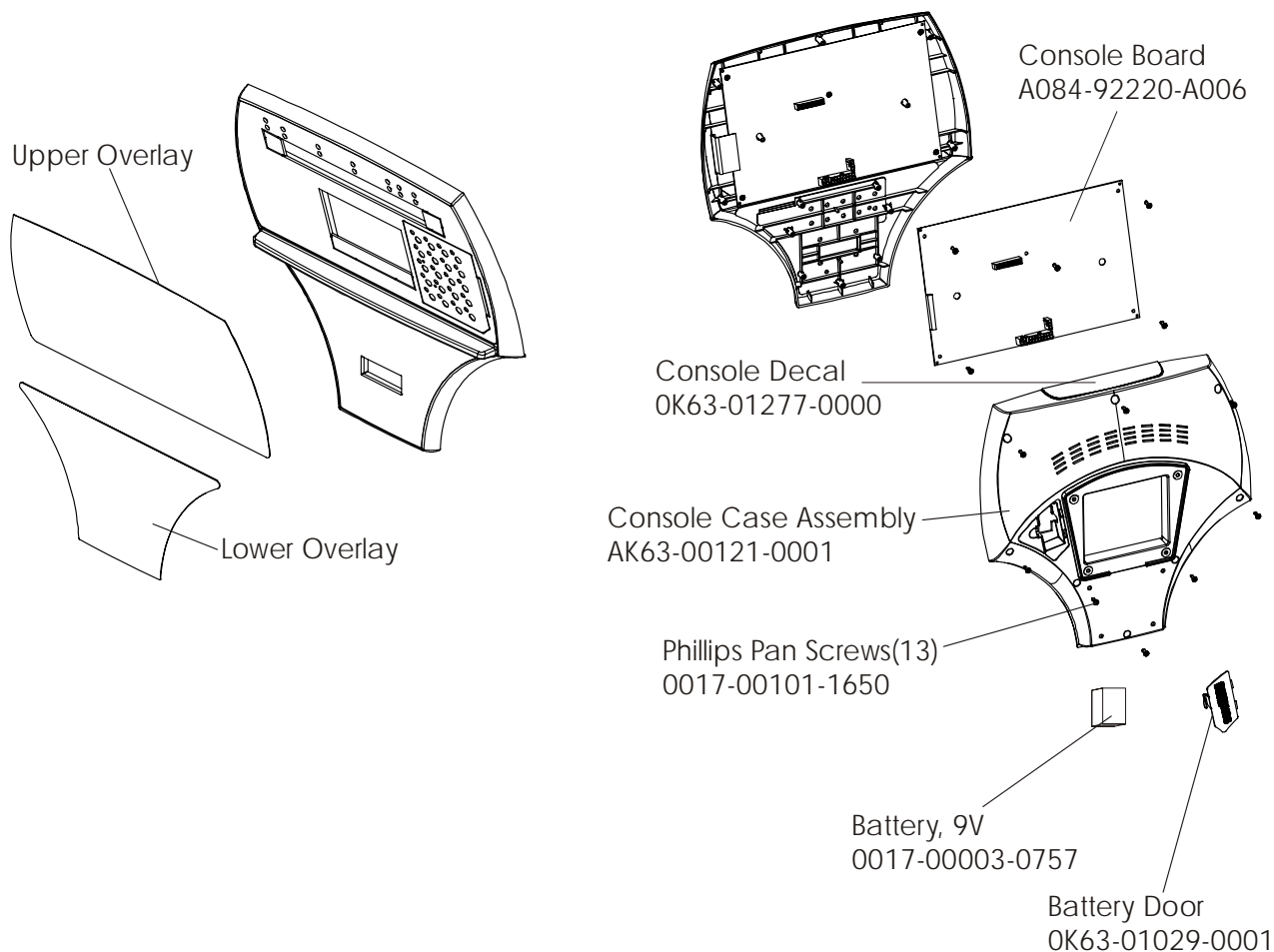
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# ARCTIC SILVER 90R

## Console Components

90R-0XXX-02

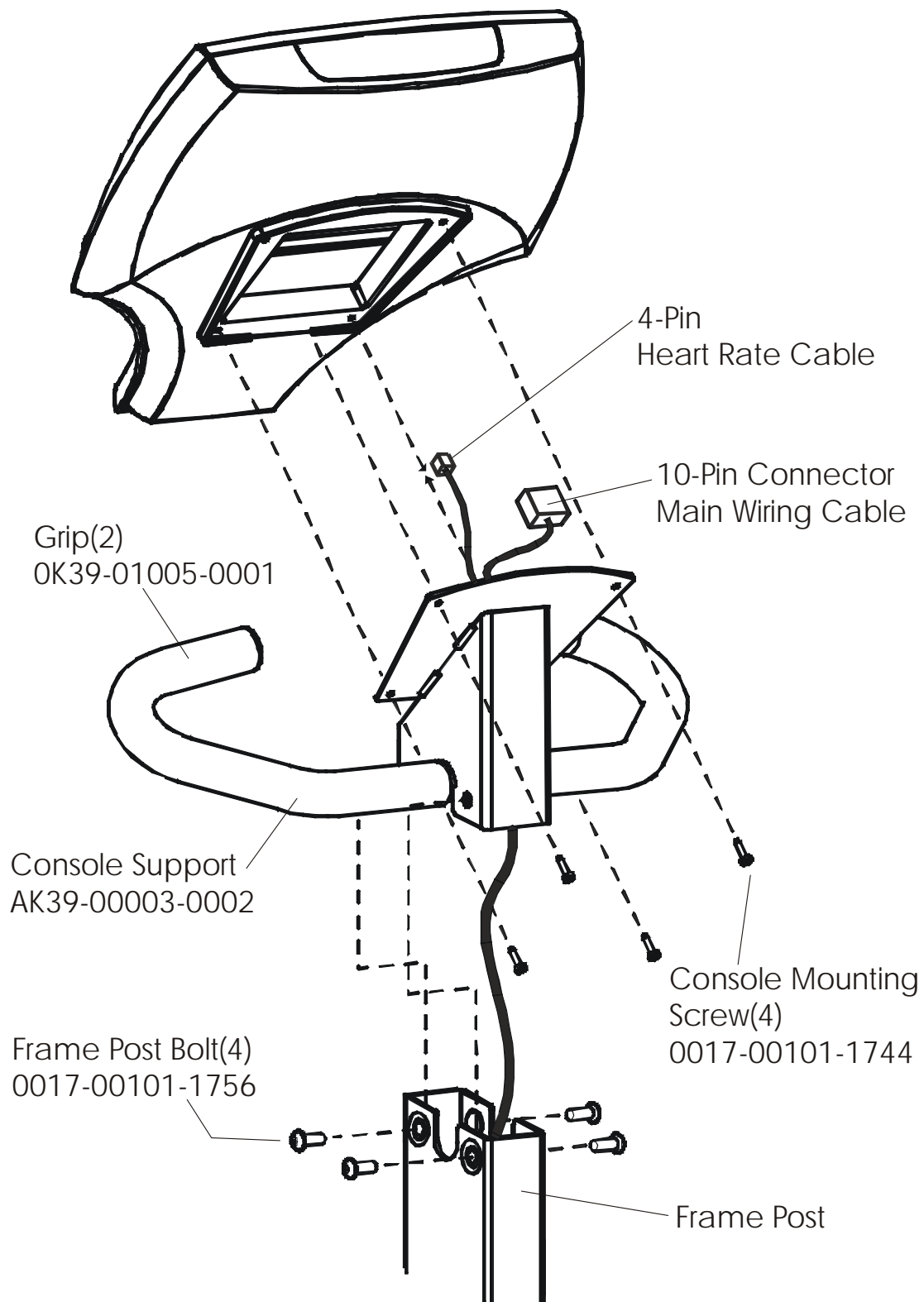
S/N CCJ100000 and UP



Console Assembly	Overlay/Bezel/Switch Assy.
AK63-00162-0001 Eng Met	AK63-00167-0001 Eng Met
AK39-00072-0003 Ger Met	AK63-00167-0003 Ger Met
AK39-00072-0004 Spn Met	AK63-00167-0004 Spn Met
AK39-00072-0006 Jap Met	AK63-00167-0006 Jap Met
AK39-00072-0007 Frn Met	AK63-00167-0007 Frn Met
AK39-00072-0008 Itl Met	AK63-00167-0008 Itl Met
AK39-00072-0009 Dut Met	AK63-00167-0009 Dut Met
AK39-00072-0010 Por Met	AK63-00167-0010 Por Met

**ARCTIC SILVER 90R**  
**Console Support Assembly**

**90R-0XXX-02**  
**S/N CCJ100000 and UP**

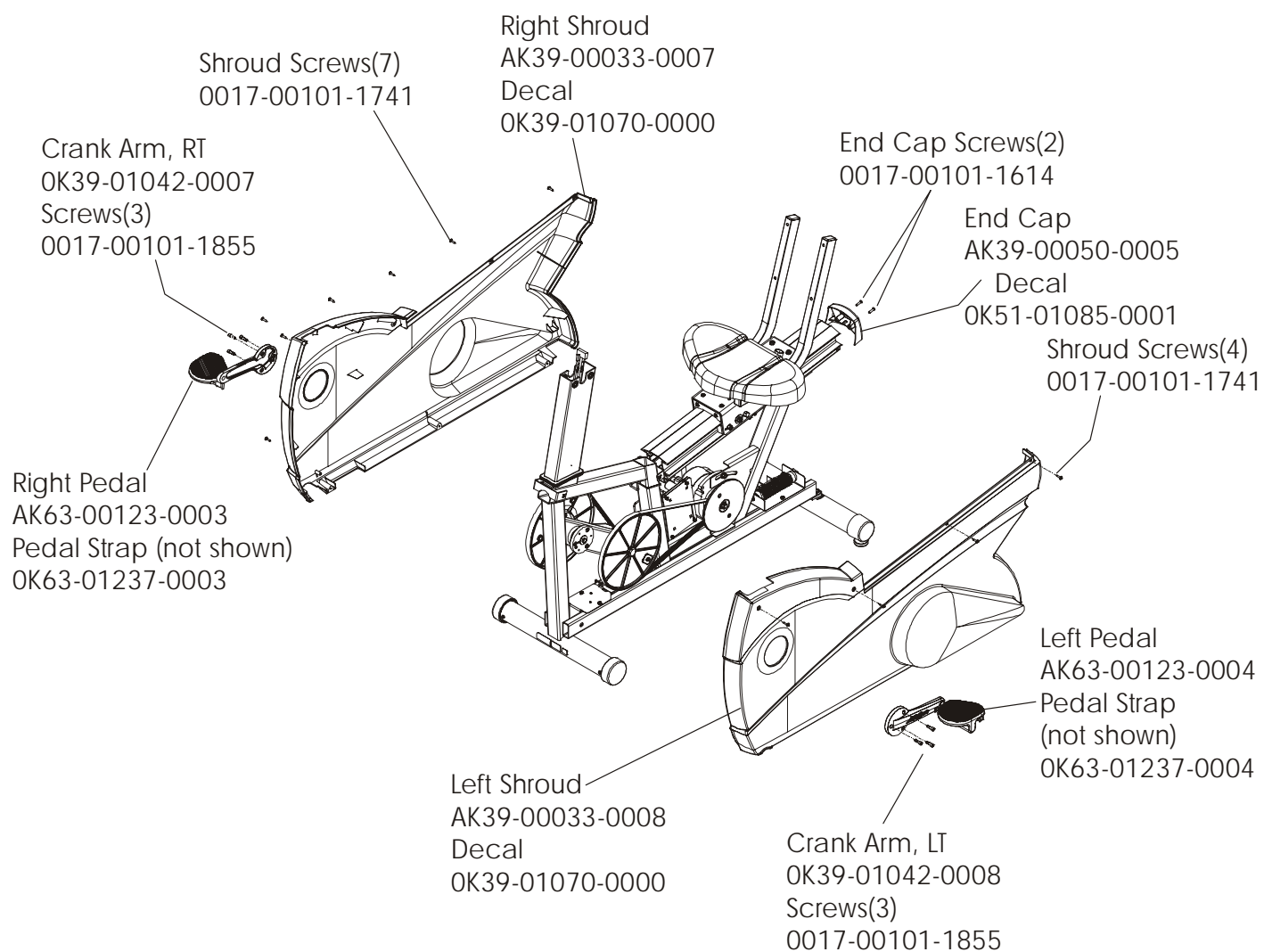


## ARCTIC SILVER 90R

### Shrouds, End Cap and Pedals

90R-0XXX-02

S/N CCJ100000 and UP

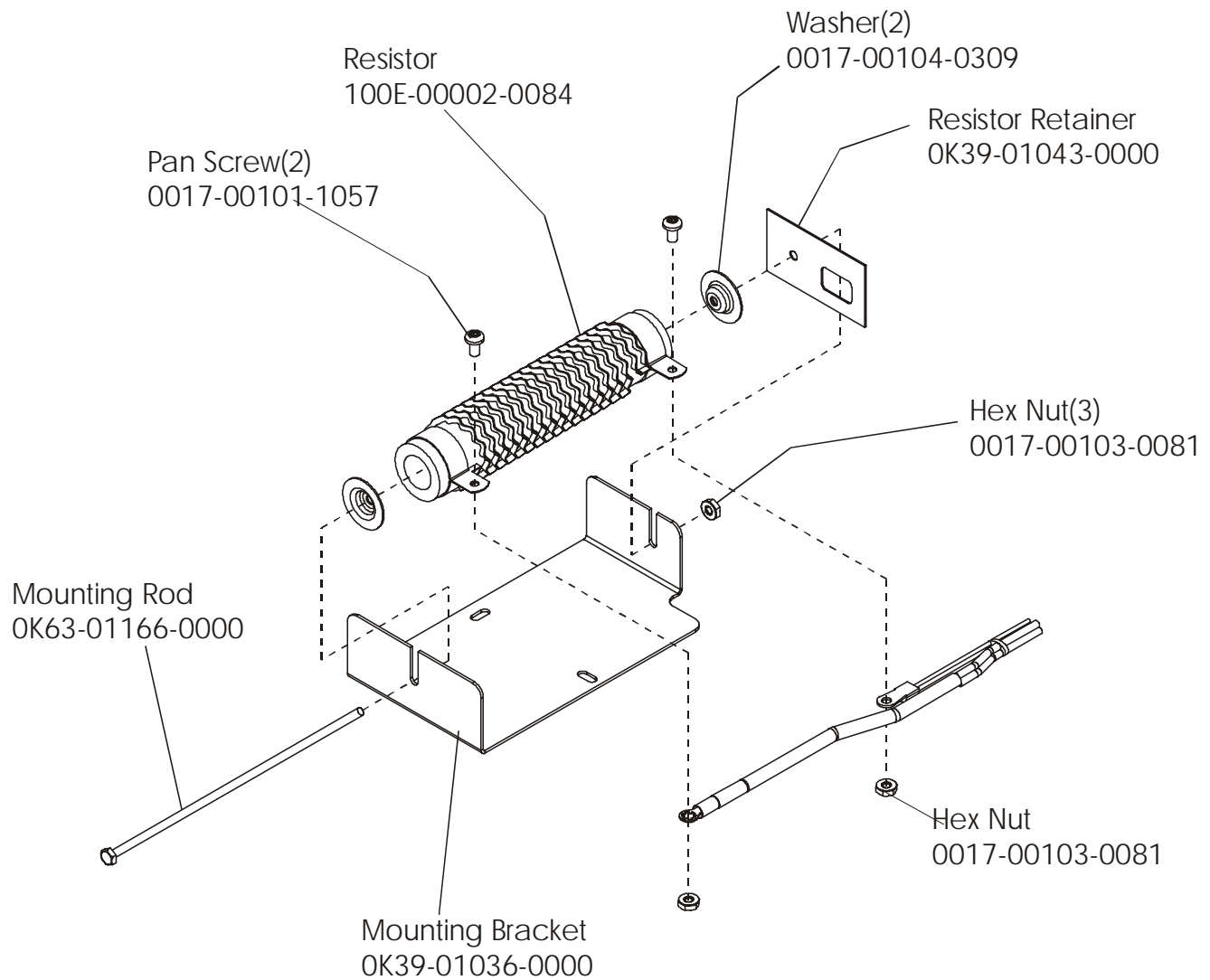


# ARCTIC SILVER 90R

## Belts

90R-0XXX-02

S/N CCJ100000 and UP



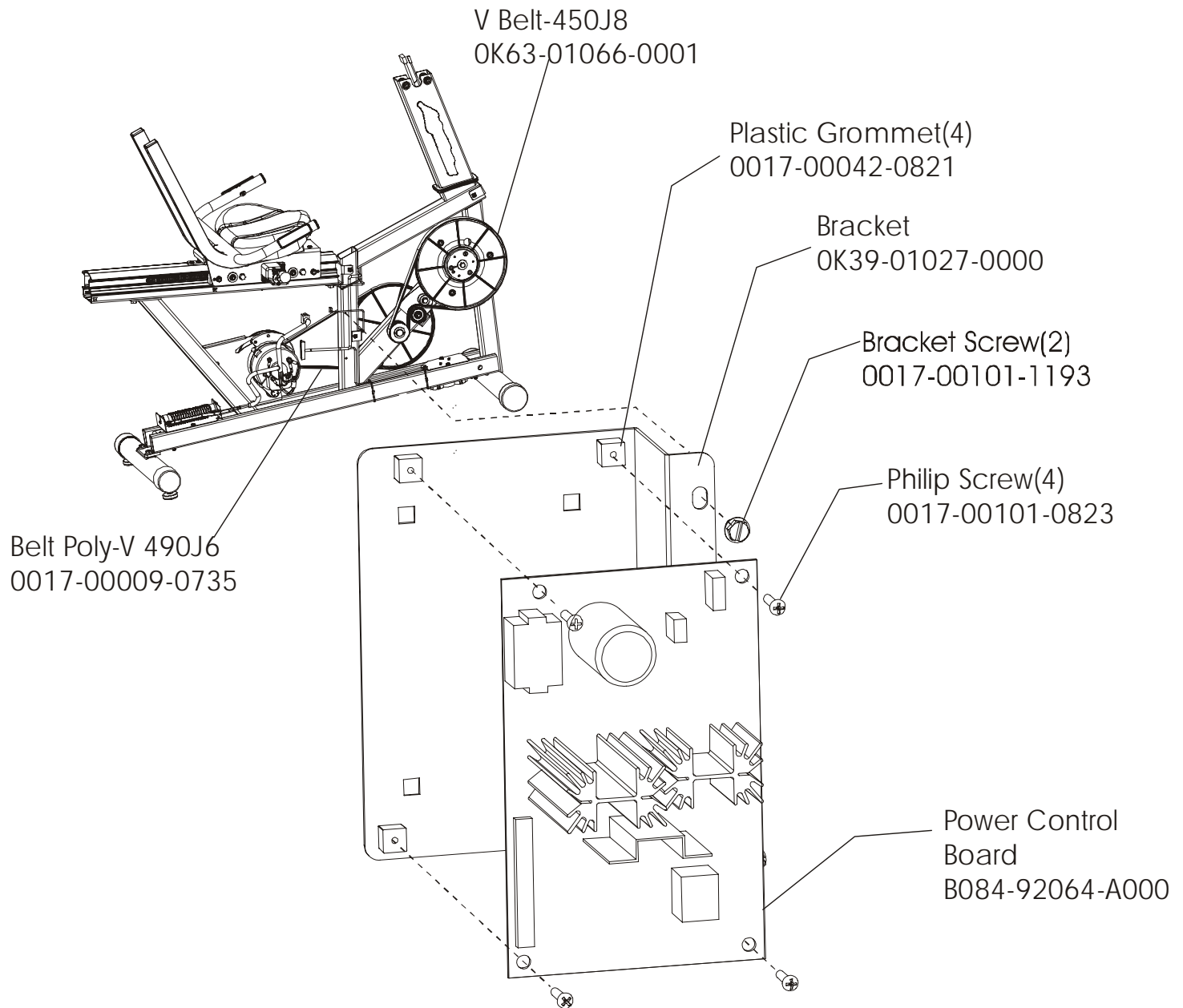
## ARCTIC SILVER 90R

### Power Control Board

90R-0XXX-02

S/N CCJ100000 and UP

Assembly Number - AK39-00022-0002





**ARCTIC SILVER 90R**  
**Alternator w/Pulley Assembly**

**90R-0XXX-02**  
**S/N CCJ100000 and UP**

Assembly Number – AK63-00093-0000

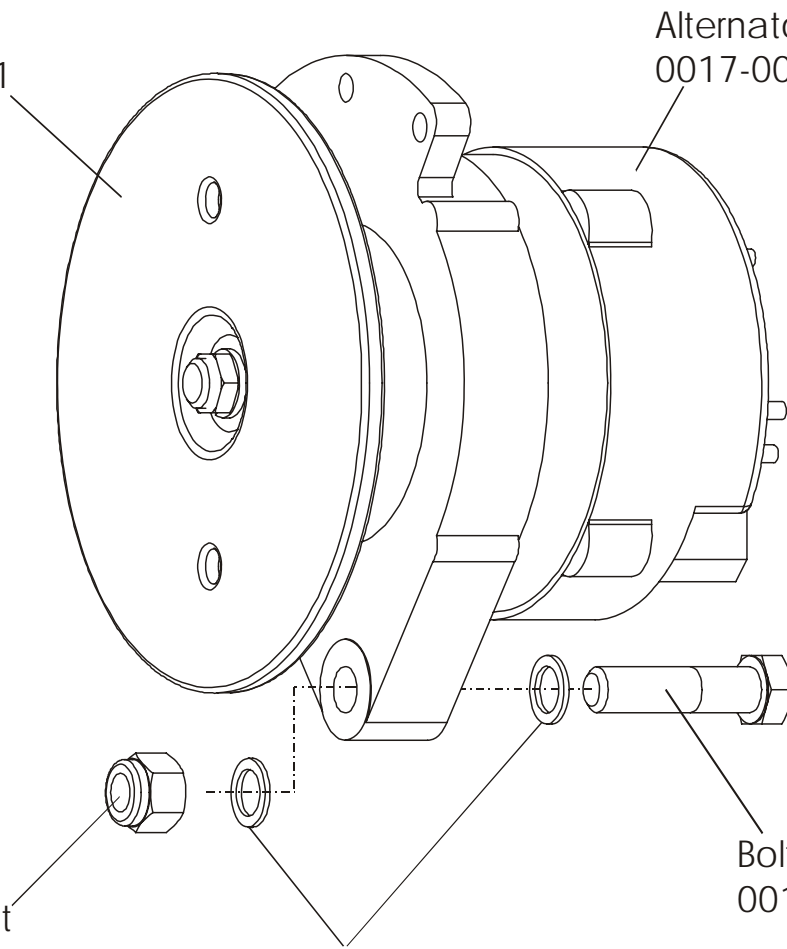
Alternator Pulley  
OK61-02500-0001

Alternator  
0017-00009-0841

Locking Nut  
0017-00103-0117

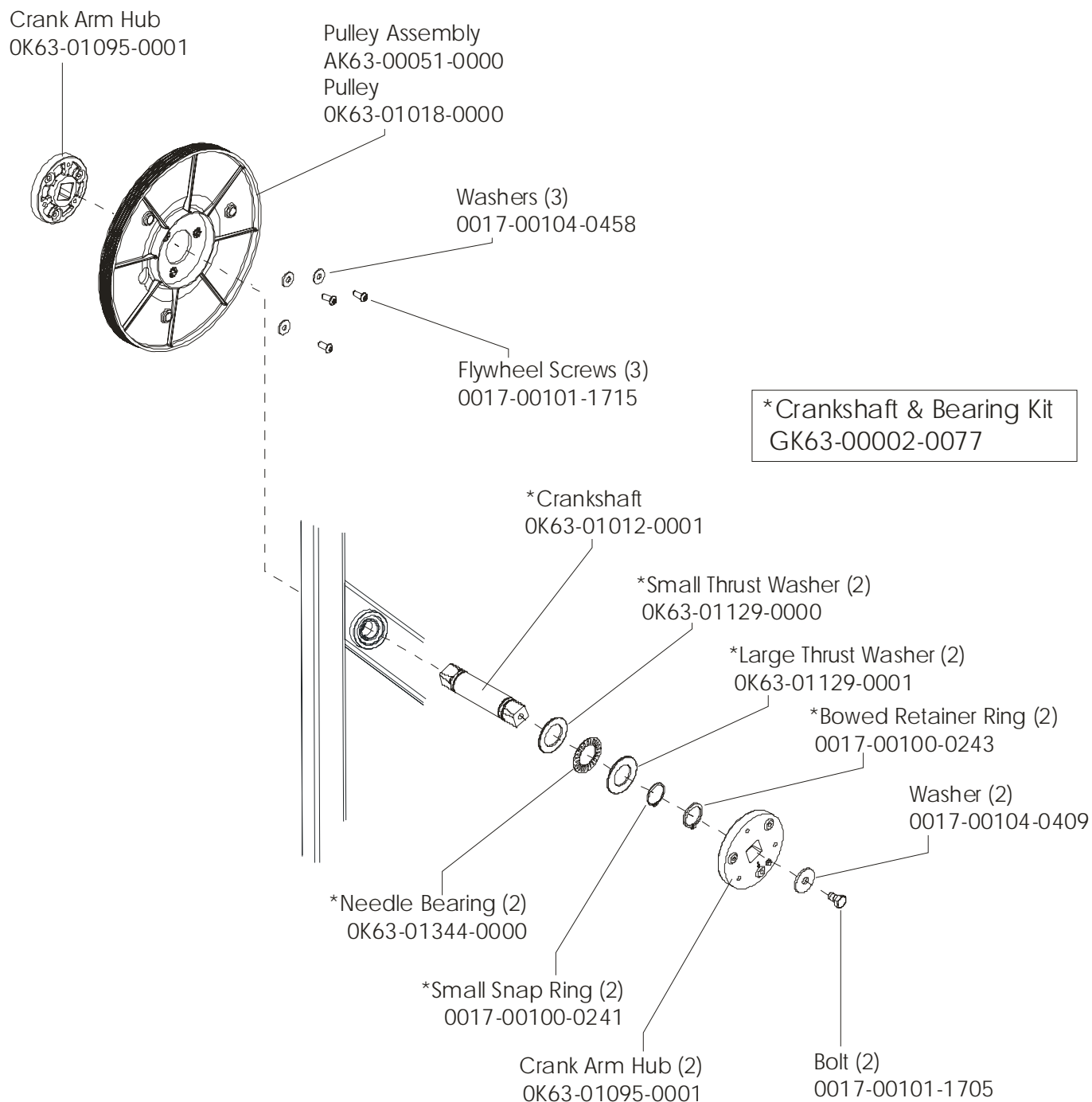
Washer  
0017-00104-0044

Bolt  
0017-00101-0956



**ARCTIC SILVER 90R**  
**Crank Shaft and Bearing Assembly**

**90R-0XXX-02**  
**S/N CCJ100000 and UP**

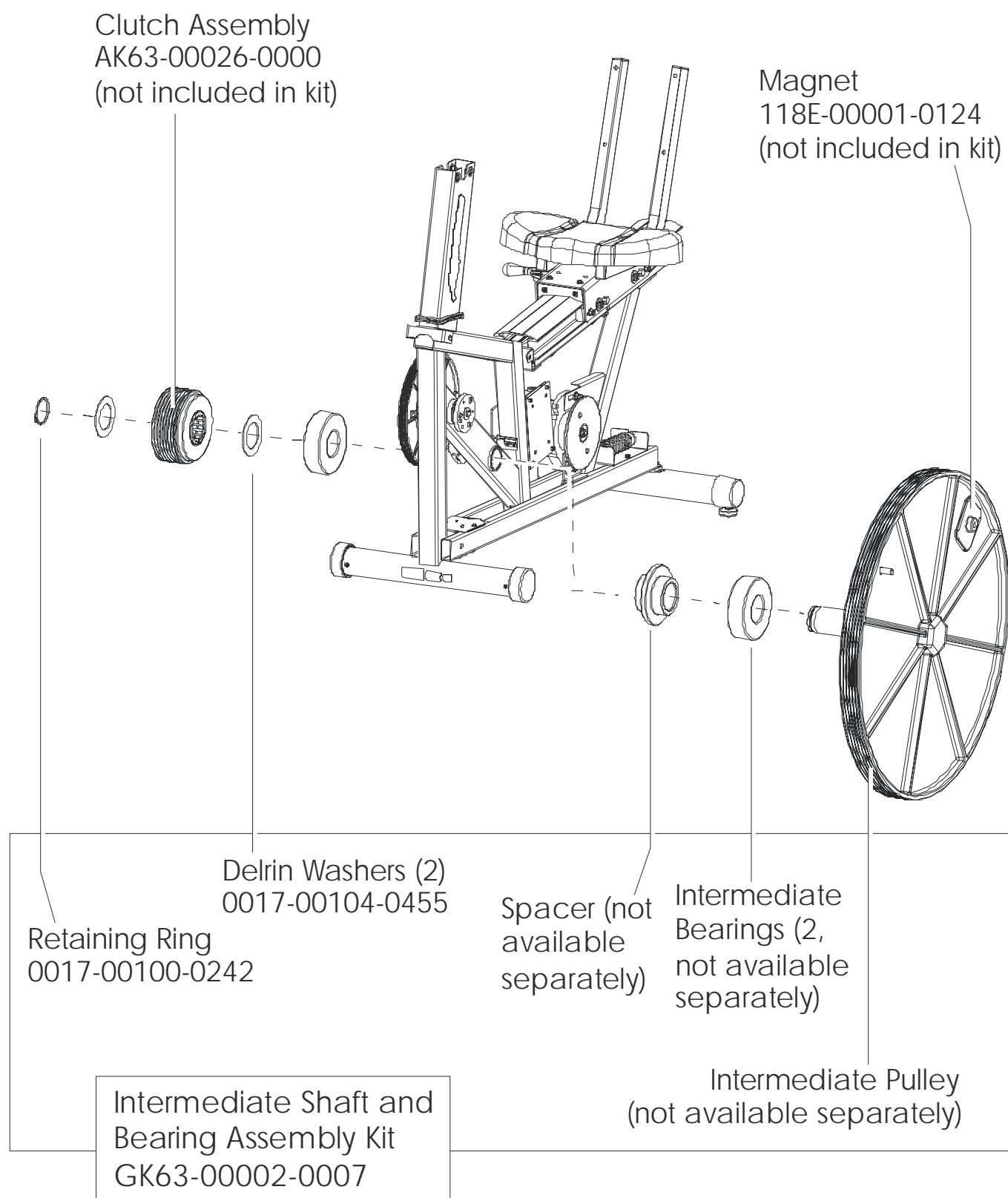


## ARCTIC SILVER 90R

### Intermediate Shaft and Bearing Assembly

90R-0XXX-02

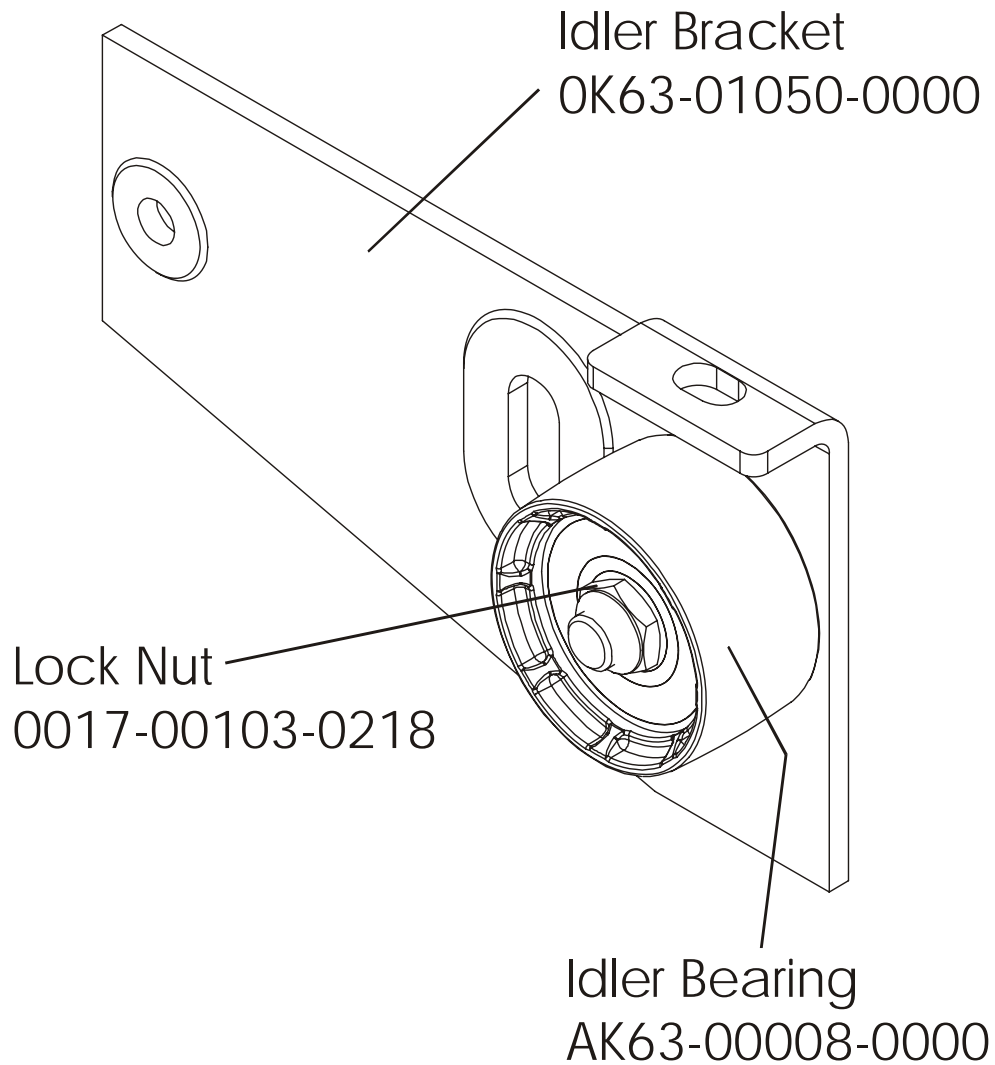
S/N CCJ100000 and UP



**ARCTIC SILVER 90R**  
**Idler Bracket Assembly**

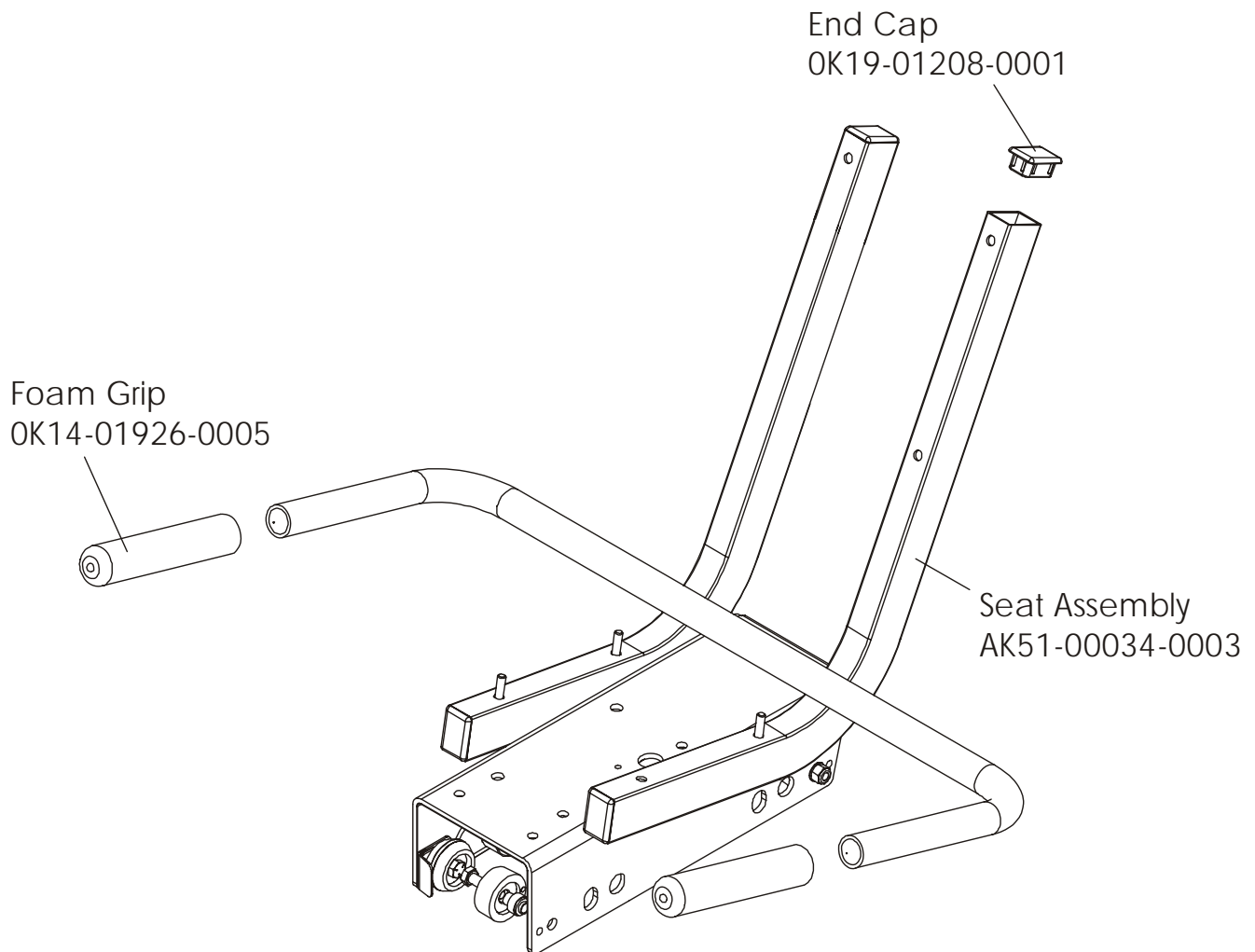
**90R-0XXX-02**  
**S/N CCJ100000 and UP**

Idler Bracket Assembly – AK63-00021-0000



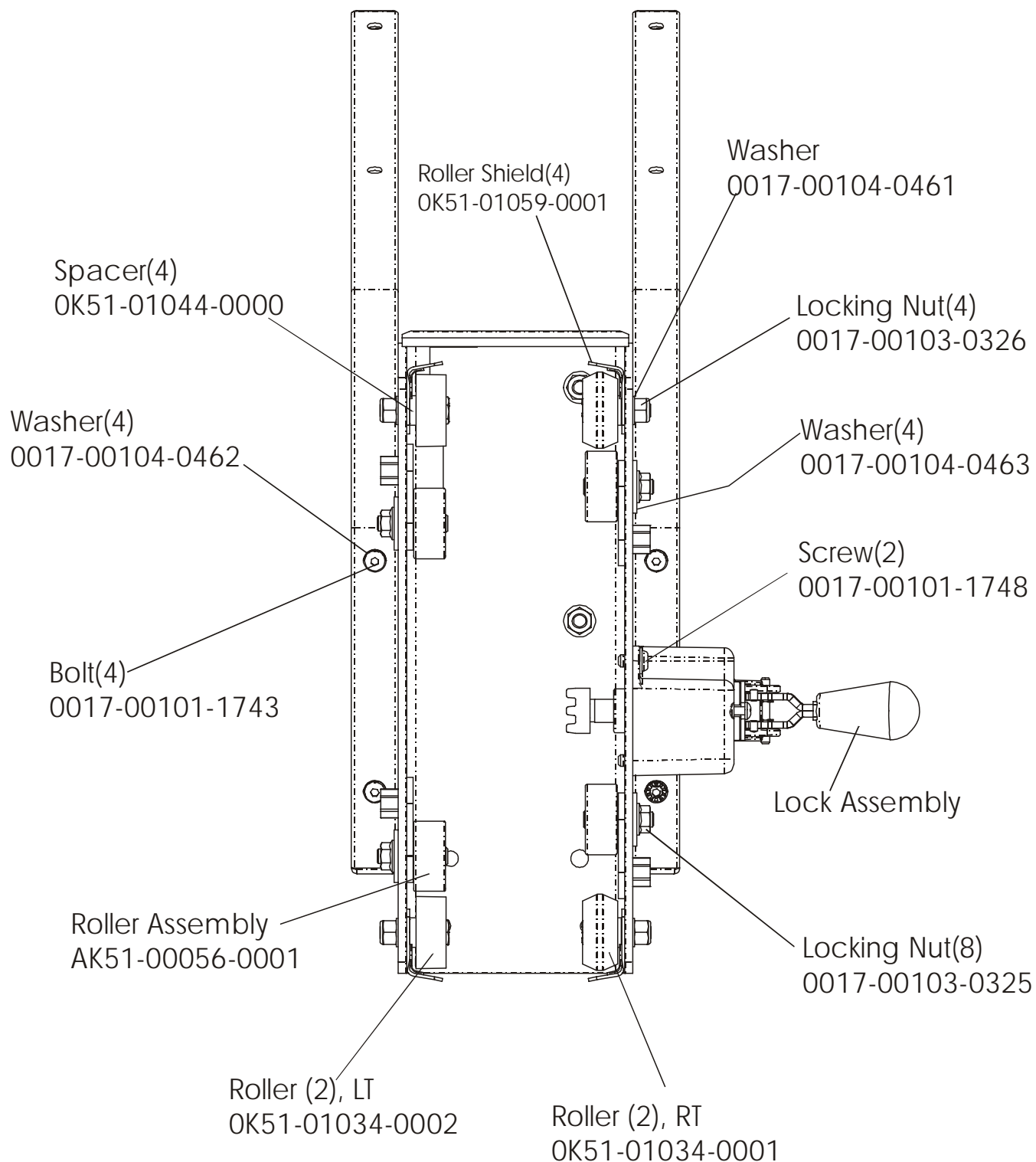
**ARCTIC SILVER 90R**  
**Seat Assembly**

**90R-0XXX-02**  
**S/N CCJ100000 and UP**



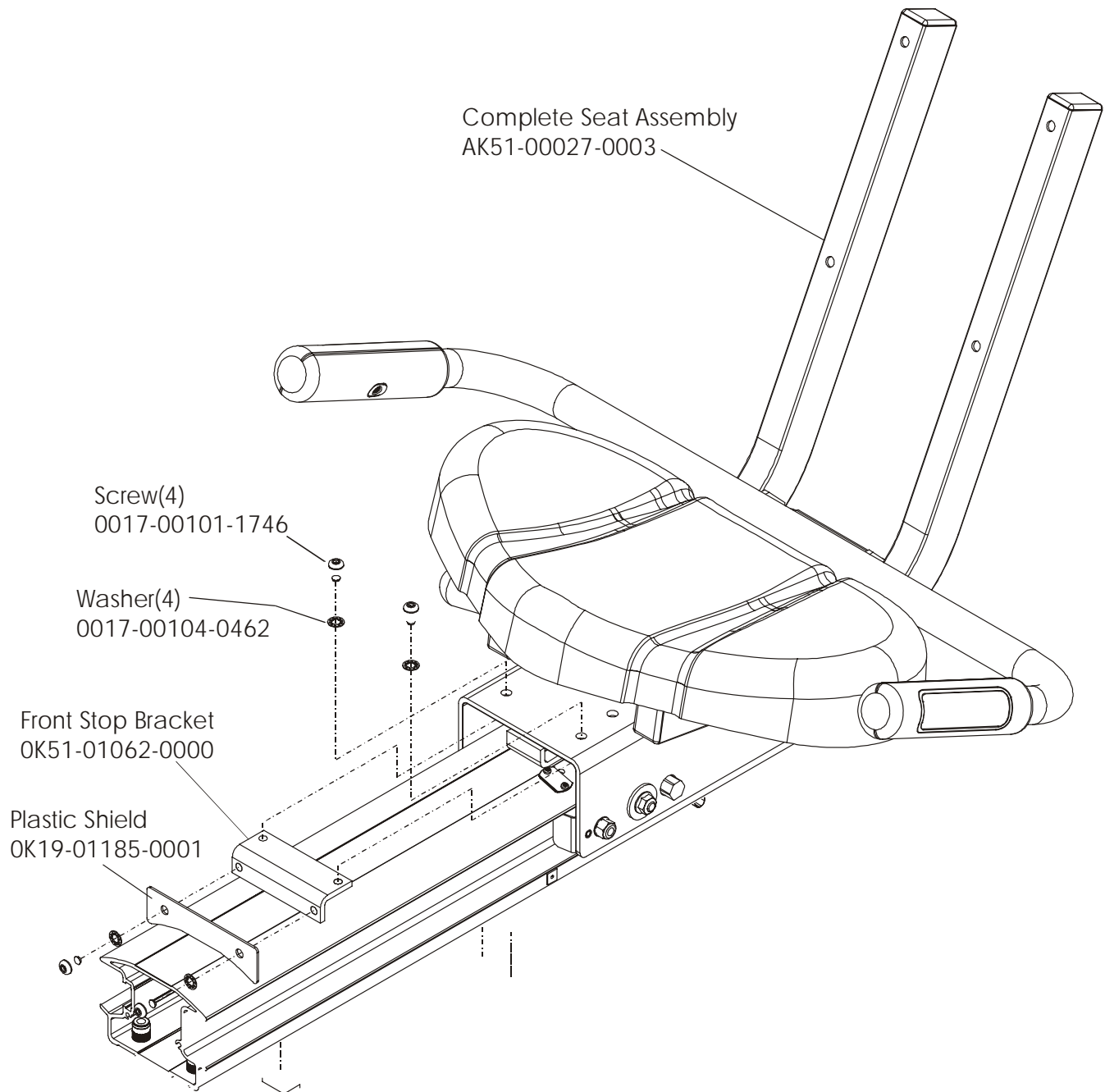
**ARCTIC SILVER 90R**  
**Seat Assembly - Bottom**

**90R-0XXX-02**  
**S/N CCJ100000 and UP**



**ARCTIC SILVER 90R**  
**Seat Frame Assembly**

**90R-0XXX-02**  
**S/N CCJ100000 and UP**

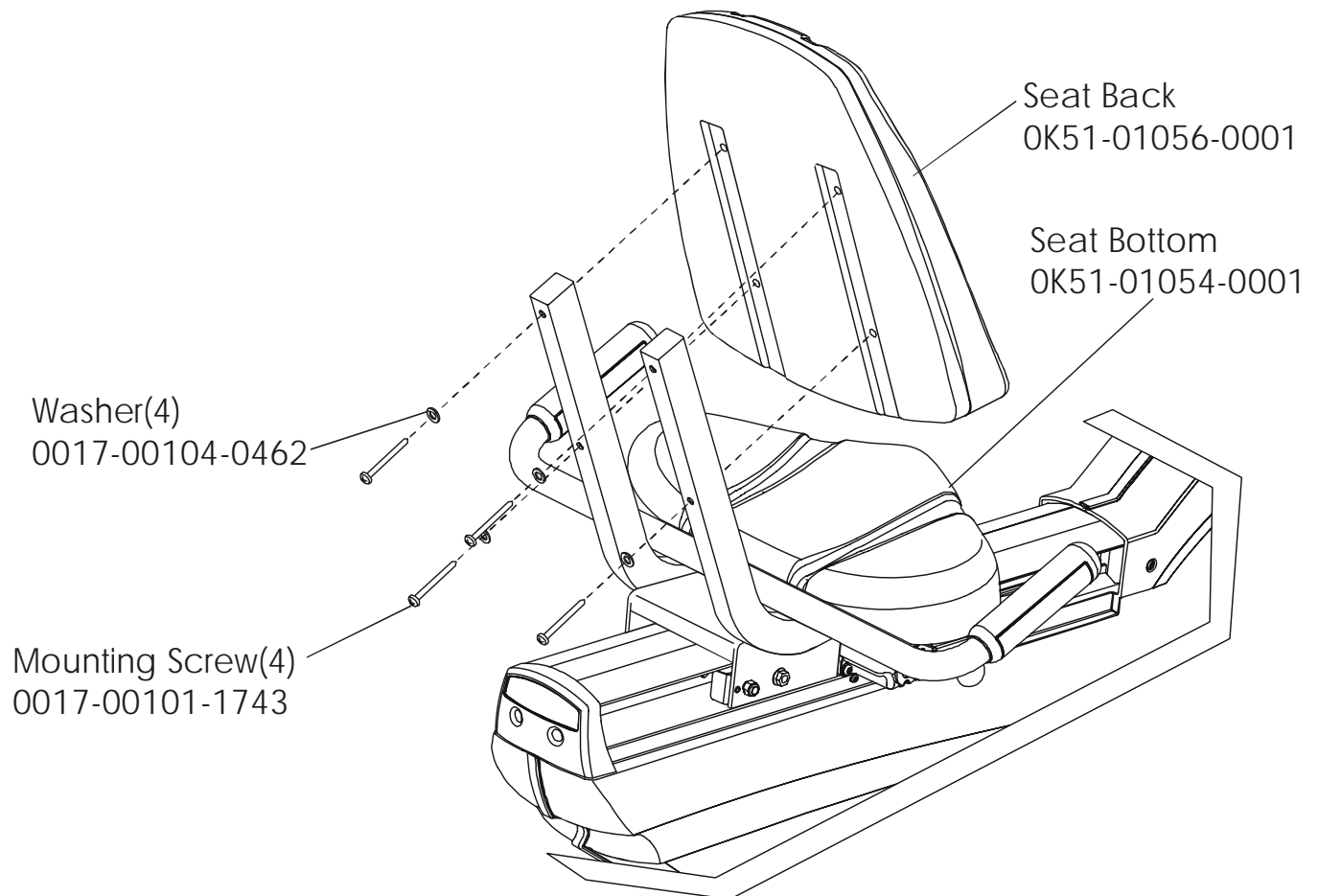


## ARCTIC SILVER 90R

### Seat Pads and Accessory Tray

90R-0XXX-02

S/N CCJ100000 and UP



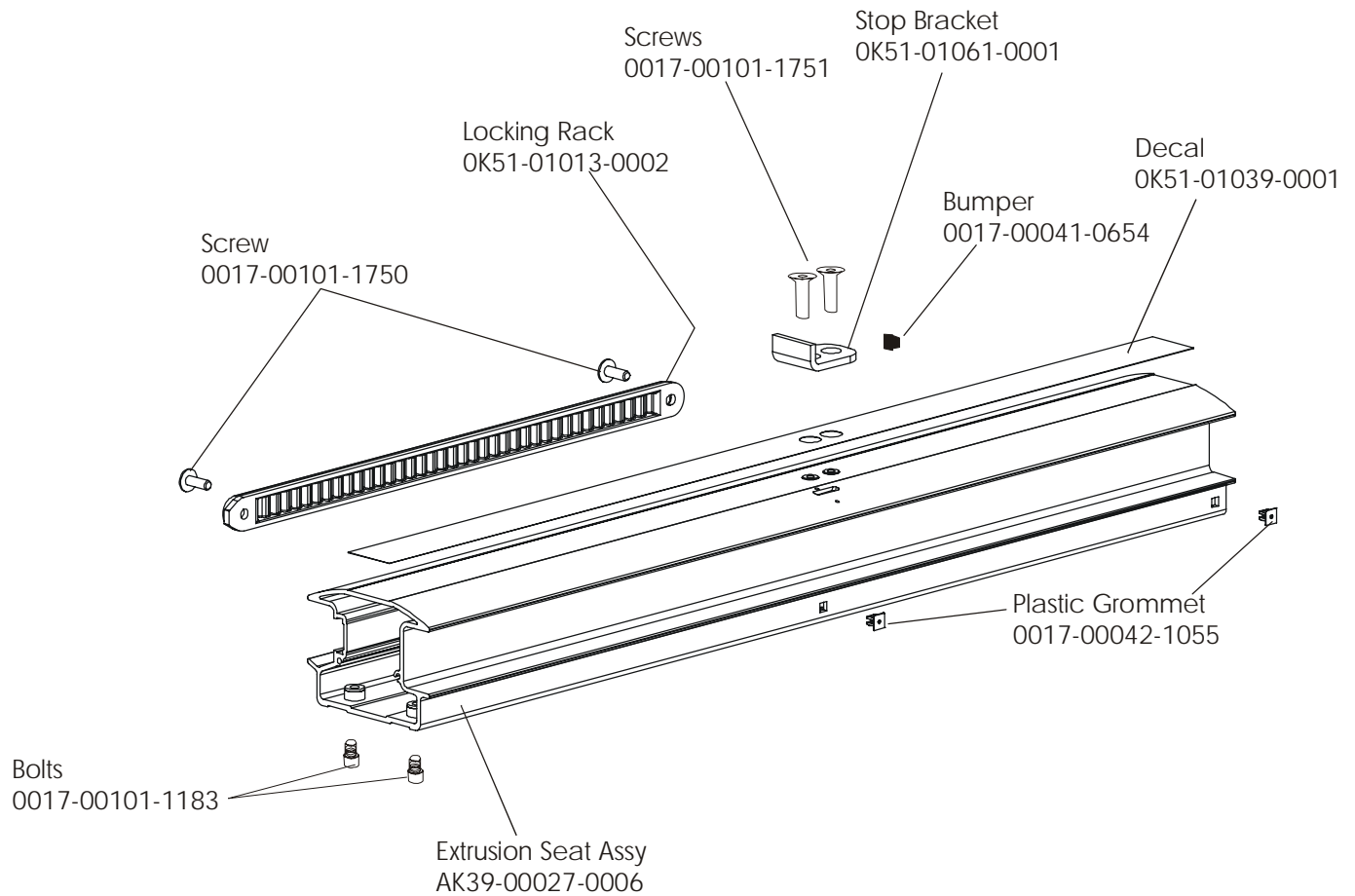


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Extrusion Assembly – AK39-00027-0006

90R-0XXX-02

S/N CCJ100000 and UP

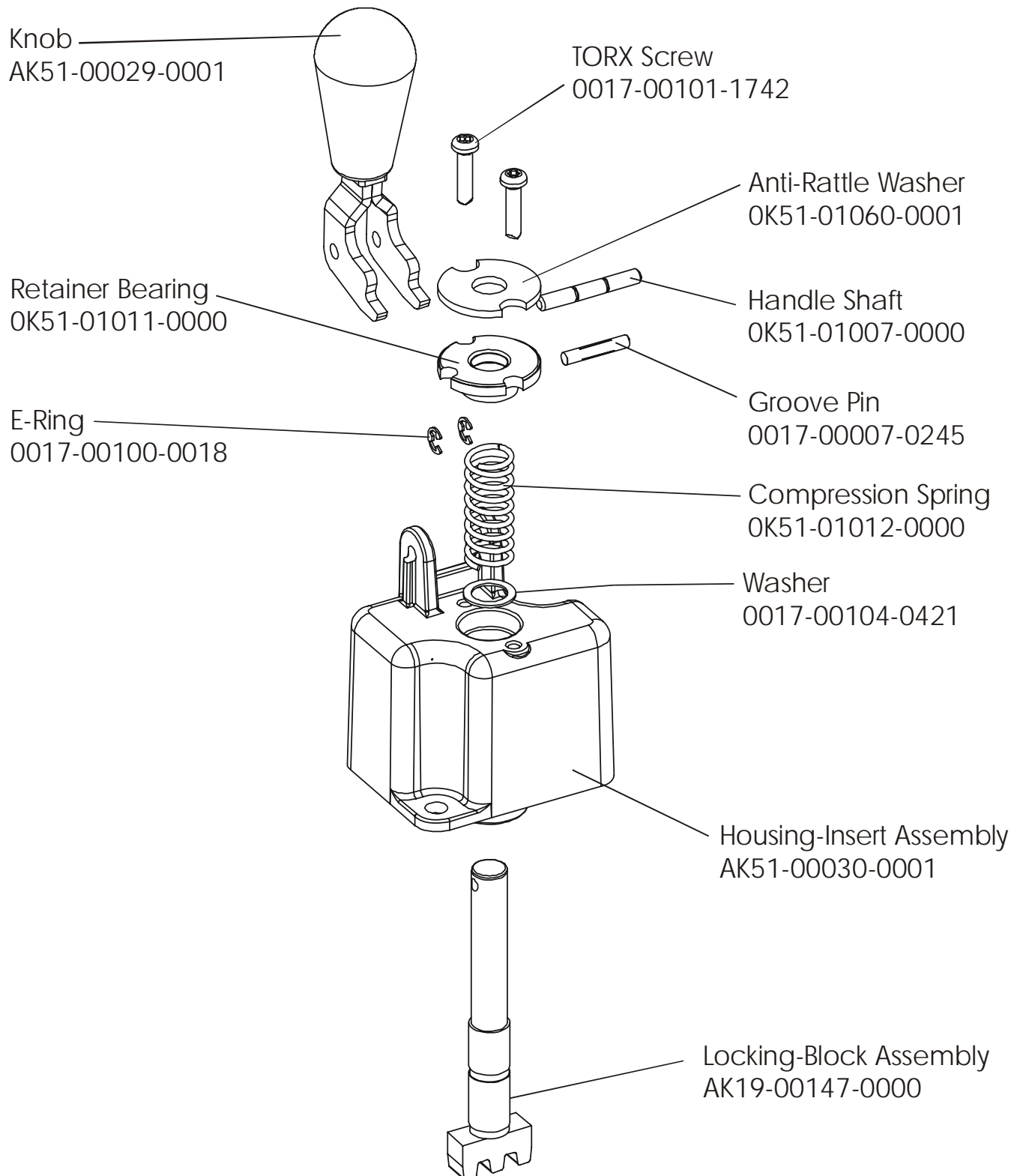


# ARCTIC SILVER 90R

Locking Assembly – AK51-00053-0001

90R-0XXX-02

S/N CCJ100000 and UP

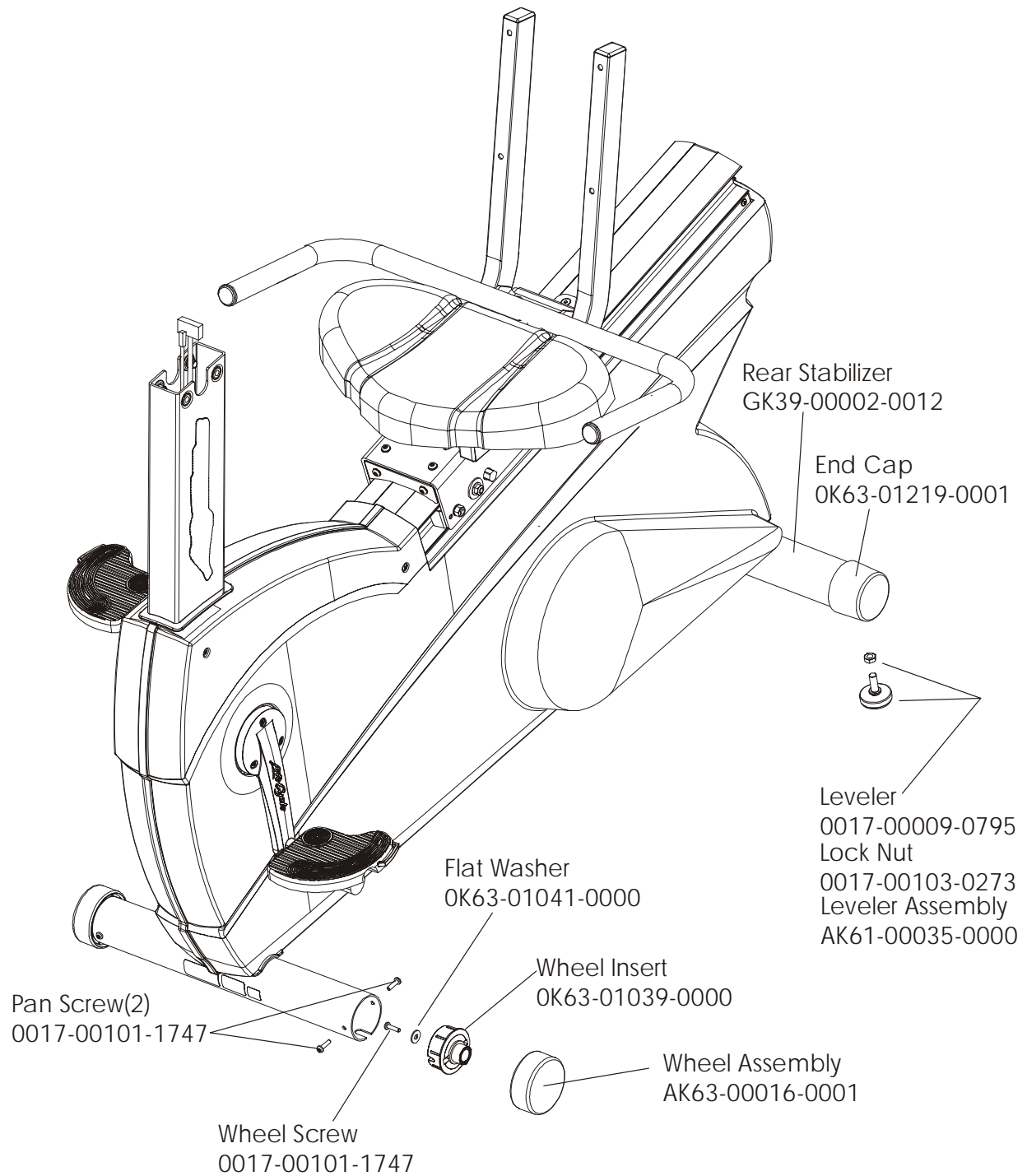


# ARCTIC SILVER 90R

## Wheel and Leveler

90R-0XXX-02

S/N CCJ100000 and UP



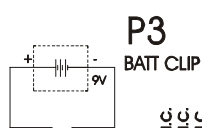
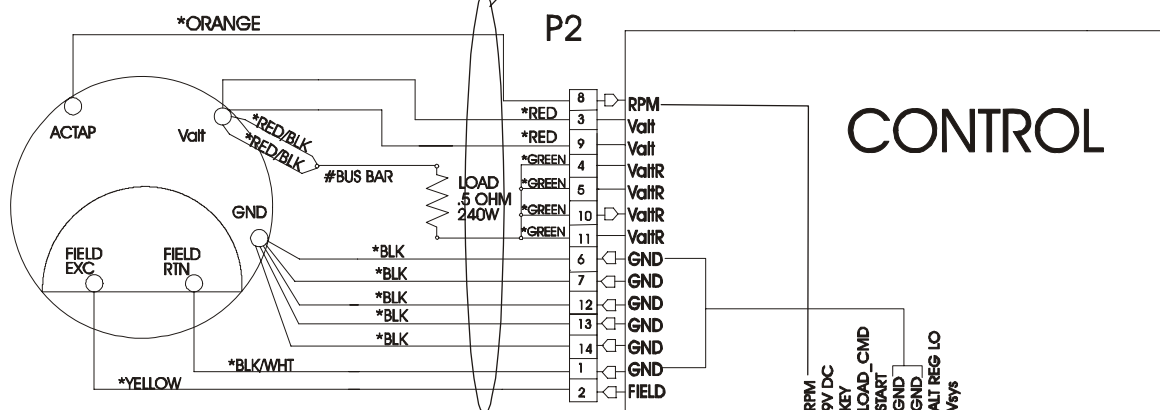
# ARCTIC SILVER 90R

## Cables

90R-0XXX-02

S/N CCJ100000 and UP

Cable (Alternator to control)  
AK39-00009-0000



Cable Main  
AK39-00008-0000

